



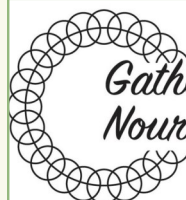
Women's Retreat: September 16-18, 2016

Gather Around the Table: Nourishing Body and Soul

Join us for a weekend of conversations about faith and food!

Our speakers Katie Kuntz-Wineland and Beth Kuntz-Wineland will guide us deep into reflection about holistic wellness as a spiritual practice.

Inspired by three of our favorite cookbooks (*More with Less*, *Simply in Season*, and *Extending the Table*), we will ask questions about living simply, embracing the seasons, and practicing hospitality. How might these commitments shape our relationships with food, with God, and with one another?



*Gather Around the Table:
Nourishing Body & Soul*

Come ready to be nourished with good food, rest, and community; leave empowered to nourish yourself and others, create community, and live well!



Meet our Speakers

From Katie Kuntz-Wineland: “Hi, all! My name is Katie and I am delighted to share some sacred space and time together in September. I am a proud graduate of Bluffton University, and I am currently a seminarian in my final year of studies at the Methodist Theological School in Ohio (MTSO). I am also fortunate to serve as the Student Minister of North Unitarian Universalist Congregation in Lewis Center, Ohio. In my spare time, I enjoy hand drumming, gentle yoga, creative writing, practicing hospitality, visiting farmers' markets, and vegan cooking and cheesemaking. I make my home with my wife, Beth, and our sweet beagle Lucy. Like all of us, I am on a journey learning to live a more whole, more balanced life. I hope you'll join me!”

From Beth Kuntz-Wineland: “Hello, I'm Beth. I gratefully graduated from Bluffton University in 2012 and am now a Plant-Based Chef working in the kitchen of Seminary Hill Farm at MTSO. I'm passionate about caring for the earth and extending compassion to all living beings. As part of my work, I've helped our dining hall transition to a farm-to-table kitchen through creating seasonal menus and recipes based on the produce we can grow ourselves or buy from local farmers. I put love into every dish I make, and enjoy teaching others about how to eat a bit healthier—for oneself and for the planet which gives us life. I look forward to sharing sacred time with you all in September!”

Register Online Today! Go to friedenswald.org/retreats

For more information call 269-476-9744 or email program@friedenswald.org

Tentative Retreat Schedule

Friday

5:00 Check-in
8:00 Welcome

*Workshops and Activities are still being planned,
all times and sessions are subject to change.*

Saturday

8:30 Breakfast
9:00 Worship *More with Less: Living Simply, Eating Simply*
12:00 Lunch
1:00 Workshops *(see below)*
3:00 Camp Activities *(Pontoon Rides, Wagon Rides, Nature Hikes, and more!)*
5:30 Supper
7:00 Worship *Simply In Season: Embracing Sacred Seasonality*

Sunday

9:30 Worship *Extending the Table: Practicing Hospitality in an Age of Fear*
11:00 Brunch

Cost: \$150

*Includes 5 meals, 2 nights,
and all programming*

Ages 18-25 Free

AMBS students 50% Off



**Make sure you don't miss out on these informative, fun, and
community building workshops!**

Plant-Based Eating with the Seasons, in the City and the Countryside—Beth Kuntz-Wineland

Enough Already! Help with Simplifying & Organizing—Denise Risser

Strangers No More—Jackie Wells

End of Life Decision-Making—Robin Walton

More to come!

Thank you to our Planning Committee!

Ohio Region CDC Women: Lori Nester, Barbra Gant, Allison Trent, Joyce Schumacher